

# Certified Lactation Specialist Course – Topical Agenda 2019

Monday – 7:45-5:30

History of Breastfeeding  
Anatomy of the Breast  
Composition of Human Milk  
Infant Assessment & Conditions  
Becoming a CLS  
Counseling  
Physiology of Milk Production  
Normal Breastfeeding  
Breastfeeding Classes and Promotion

Tuesday – 8:00-5:30

The Eleven Steps to Successful Breastfeeding  
The Amazing Newborn  
Latch, Suck, Milk Transfer & Positioning  
Research & Evidence Based Practice  
Plugged Ducts & Mastitis  
Engorgement  
Epidemiology  
Becoming an IBCLC  
Maternal Conditions  
Baby Behavior

Wednesday – 8:00-5:30

Preterm and Late Preterm Infants  
Hypoglycemia  
Sexual Abuse and Breastfeeding  
Expression of Milk – Pumping and Hand Expression  
Tongue Tie  
Alternative Feeding Methods  
Jaundice  
Medications  
Working Parents  
Post Partum Mood Disorders  
Taking a Complete History & Doing a Consult (Role Play)

Thursday – 8:00-5:30

Growth & Development

Review Questions

Nutrition

Fussy Baby

Co-sleeping/SIDS/Safe Sleep

Perception of Low Milk Supply

Low Weight Gain/Low Milk Supply - the Reality

Ethics

Working with Teens

Interactive Consultations – Group Work

Friday – 8:00 - 4:30

Slide Review

Exam

Working Venues – WIC, Office, Private Practice, Hospital

Second Night & Parenting

Lactation Scenarios

Culture/Diversity

Formula & Bottle Feeding

Facilitating Change/Burnout